

**9/4/15 – Colorado Federal Executive Board (CFEB)**  
**ALL EMPLOYEE ANNOUNCEMENTS – PLEASE DISTRIBUTE**  
<http://www.colorado.feb.gov/>

## **US DEPARTMENT OF LABOR - LABOR DAY HOLIDAY HISTORY**

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Labor Day Legislation: Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From these, a movement developed to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

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## **SAFETY MESSAGE from Gregory Nadeau, Administrator** **Department of Transportation, Federal Highway Administration**

Defensive driving skills build off your existing driver skills. They enable you to proactively recognize common hazards and react appropriately to prevent traffic crashes. The National Safety Council defines defensive driving as “driving to save lives, time, and money, in spite of the conditions around you and the actions of others.”

### **What Is Defensive Driving?**

- ♦ Staying focused on driving and only on driving when you’re behind the wheel;
- ♦ Recognizing hazardous driving behaviors or road conditions;
- ♦ Knowing how to react appropriately to these and other hazardous circumstances;
- ♦ Practicing common sense, courtesy and cooperation;
- ♦ Creating a safe and stress-free personal driving space in and around your vehicle;
- ♦ Driving without compromising the safety of other users of the road.

**How Do You Become a Defensive Driver? Tips are on the following websites:**  
<http://www.seattleauto.net/ten-easy-tips-for-defensive-driving>

[http://kidshealth.org/teen/safety/driving/driving\\_safety.html](http://kidshealth.org/teen/safety/driving/driving_safety.html)  
<http://www.wikihow.com/Drive-Defensively>

Another option is to take a defensive driving training course. This course can be instructor-led or on-line. In some States, insurance companies may lower your insurance rates if you complete such a course.

Federal employees may take the National Safety Council's Online Defensive Driving Course <http://www.gsa.gov/portal/content/102674> | The GSA offers this self-paced, four-hour training free of charge to all GSA Fleet customers, including the FHWA. If you plan to take the course during work hours, after appropriate coordination and approval from your supervisor, contact your local Fleet Manager. The Fleet Manager will provide you a Fleet Customer Number that you will need when you log into the site. Once you log in, follow the instructions under the "Instructions for New Students" section.

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## OPM

### Center for Leadership Development FY 2016 Schedule of Courses

[https://leadership.opm.gov/documents/OPM\\_CLD\\_FY\\_2016\\_Course\\_Schedule\\_at\\_a\\_Glance.pdf?utm\\_source=iContact&utm\\_medium=email&utm\\_campaign=OPM](https://leadership.opm.gov/documents/OPM_CLD_FY_2016_Course_Schedule_at_a_Glance.pdf?utm_source=iContact&utm_medium=email&utm_campaign=OPM)

### Memorandum regarding human resources flexibilities for severe weather, natural disaster, and other emergency situations

<https://www.chcoc.gov/content/human-resources-flexibilities-severe-weather-natural-disaster-and-other-emergency-situatio-1>

###

## FERS RETIREMENT PLANNING CLASSES

- ♦ **9/29/15** | Lakewood CO | 3 seats available  
\$130 | Online registration & payment required | <https://colorado.feb.gov/register/?ee=245>
- ♦ **12/3/15** | Lakewood CO  
\$130 | Online registration & payment required | <https://colorado.feb.gov/register/?ee=287>

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## DENVER FEDERAL CENTER GSA NEWSLETTER

<http://content.govdelivery.com/accounts/USGSA/bulletins/11619f7>

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## FEDSTRIVE WELLNESS & HEALTH PROMOTION SERVICES NEWSLETTER

Welcome to the Wellness and Health Promotion Coordinator team's first newsletter! In this issue we want to introduce ourselves and the type of work and services we provide in our regions. Future newsletters will include highlights of approaches to advancing health and wellness through the key components of the Surgeon General's National Prevention Strategy: active living, healthy eating, mental and emotional well-being, and tobacco free living.

<http://content.govdelivery.com/accounts/USHHSFOHFEDSTRIVE/bulletins/1123584>  
<https://fedstrive.foh.hhs.gov/>

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### FEMA - AMERICA'S PREPAREATHON!

[www.ready.gov/prepare](http://www.ready.gov/prepare) | CONTACTS | [cari.roberts@icfi.com](mailto:cari.roberts@icfi.com) | [Daniel.Nyquist@fema.dhs.gov](mailto:Daniel.Nyquist@fema.dhs.gov)  
***More info on Taking Action, Being Counted, and Spreading the Word -***  
<http://www.colorado.feb.gov/index.php>

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### COLORADO LEADERSHIP DEVELOPMENT PROGRAM (CLDP)

Application Deadline 9/25//15

OPM Western Management Development Center | 1961 Stout St | Denver CO

CLDP Program Coordinator, Linda Wooten | 303 671 1154 | [Linda.wooten@opm.gov](mailto:Linda.wooten@opm.gov)

Download the Program Announcement, Schedule and Nomination Form at  
<http://www.colorado.feb.gov/index.php?content=76&page=Leadership/Training>

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### THE NATIONAL ARTS PROGRAM | Registration Deadline 9/30/15

Never hide your talent! The new After Hours Employee Art Show is coming this fall! After three successful years we are improving the After Hours Employee Art Show by partnering with the National Arts Program® (NAP).

The NAP is designed to give all artists, at all skill levels, an uninhibited opportunity to exhibit their work in a professional manner and to compete for cash prizes. Sponsored by the National Arts Program Foundation in cooperation with the Colorado Federal Executive Board, the exhibit is judged by professional artists and visual art professionals in Amateur, Intermediate, Professional and Youth/Teen classifications, and it is free to all.

The show is open to all federal state, and local employees as well as contract employees in the state of Colorado and their families, and Colorado federal retirees. Don't miss this chance for

your employees and their immediate family members and Colorado federal retirees to be recognized for their creativity! Visit The National Arts Program® website where you can find more information about the program and your employees can upload photographs of their artwork: [www.nationalartsprogram.org](http://www.nationalartsprogram.org). We encourage you or a member of your family to register for the art show!

REGISTER ONLINE | <http://www.nationalartsprogram.org/venues/state-of-colorado-federal-government>

CONTACTS | Michelle Saar 303 236 8086 or Janet Paladino 303 236 2967

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## **SEPTEMBER CALENDAR**

### **BUREAU OF RECLAMATION'S DIVERSITY SPEAKER EVENTS**

Antoinette Urioste | 303 445 2689 | [aurioste@usbr.gov](mailto:aurioste@usbr.gov)

**September 8, 2015** | 12:30 - 2:00 pm | *American Hispanics*

Denver Federal Center | Bldg 67 Hungry Horse Conference Room

SPEAKER | Dr. Ramon Del Castillo, Professor and Chair of the Chicana/o Studies Department at Metropolitan State University of Denver.

**October 14, 2015** | PBS Documentary "*La Raza De Colorado: El Movimiento*"

Denver Federal Center | Bldg. 67 Rio Grande Conference Room

This film examines the Colorado Chicana Movement during the turbulent 1960s and 1970s. Riveting first-hand accounts speak to the significant social issues of our time: identity, racial conflict, civil rights and cultural pride. Rare film footage, archival photographs, extensive interviews and period music bring the era to life.

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### **USDA & DOI MULTI-CULTURAL DIVERSITY DAY**

September 9, 2015 | 10:30 am – 1:00 pm

Denver Federal Center | Bldg 67 Hungry Horse Conference Room

Katherine K. Burse, USDA | 720 544 2863 | [katherine.burse-johnson@co.usda.gov](mailto:katherine.burse-johnson@co.usda.gov)

Duriye Powell, BOR | 303 445-3623 | [depowell@usbr.gov](mailto:depowell@usbr.gov)

Come out and join us for an educational day filled with guest speakers, diversity booth exhibits, giveaways, entertainment, and free food! Contact us if you would like to volunteer at this event.

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## **LET'S WALK!**

September 9, 2015 | 2:00 pm  
Denver Federal Center | Front of Bldg 41  
Open to All [www.LetsWalkColorado.org](http://www.LetsWalkColorado.org)

You're invited to celebrate the U.S. Surgeon General's Vivek H. Murthy, M.D, MBA walking initiative "Step It Up". Join a lively group at the DFC for a brief announcement followed by a short conversational walk to get to know your neighbors and your campus!

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## **VIRTUAL TABLE TOP EMERGENCY PREPAREDNESS EXERCISES: RECOVERY**

September 9, 2015 | 10:00 am – 2:00 pm | Lakewood CO  
Jeff Conn | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) | 303 202 4588  
REGISTER ONLINE <http://colorado.feb.gov/register/?ee=240>

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## **WOMEN VETERANS OF COLORADO 5TH ANNUAL CONFERENCE**

September 12, 2015 | Inverness Hotel & Conference Center | 200 Inverness Drive West,  
Englewood, CO | [www.womenveteransofcolorado.org](http://www.womenveteransofcolorado.org) | <http://bit.ly/WVOC2015Conference>

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## **ACT-IAC COLLABORATIVE DISCUSSION EVENT**

September 15, 2015 | 12:30 - 2:00 pm | Denver Federal Center Bldg. 41, Lodge Room,  
Lakewood, CO | Cost: Free to Government Employees

The American Council for Technology (ACT) - Industry Advisory Council (IAC) will hold a collaborative discussion with GSA Administrator Denise Turner Roth. As Administrator, Ms. Roth works to build on GSA's progress and continue the agency's efforts to deliver the best value in real estate, acquisition and technology services to government and the American people. During this program she will speak on GSA's role as an operational catalyst in the government marketplace and how that impacts innovation.

Register | <https://actiac.org/groups/event/what%E2%80%99s-next-gsa-denise-turner-roth-91515>

###

## **2015 Rocky Mountain Labor & Employment Relations Association (LERA) Annual Conference**

September 24 | 8:00 am – 4:00 pm | Denver University | \$100 Members/\$125 Non-Members

Join us for our Annual Conference featuring locally and nationally renowned speakers on a variety of labor and employment topics, including:

- ♦ Updates from the NLRB & EEOC
- ♦ Best Practices in Arbitration: Views from the Arbitrator's End of the Table
- ♦ The Look and Feel of the Modern Labor Law Class: The What and How of Teaching the Current Generation
- ♦ Recent Developments in Labor & Employment Law
- ♦ Micro-Expressions in Negotiations
- ♦ Ethics in Arbitration-Unintended Consequences of an Arbitrator's Decision

Dennis Dougherty | 303 253 4315 | [rockymountainlera@gmail.com](mailto:rockymountainlera@gmail.com)  
[http://50.87.169.168/co-rocky-mountain/blog/event/2015-rocky-mountain-lera-annual-conference/?instance\\_id=46#sthash.6kfC1L1B.dpbs](http://50.87.169.168/co-rocky-mountain/blog/event/2015-rocky-mountain-lera-annual-conference/?instance_id=46#sthash.6kfC1L1B.dpbs)

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## **IPMA-HR 2015 INTERNATIONAL TRAINING CONFERENCE & EXPO**

September 26-30, 2015 | Denver CO | Register [www.ipma-hr.org/itc2015/welcome](http://www.ipma-hr.org/itc2015/welcome)  
Please join the former OPM Director Katherine Archuleta and others as they discuss HR issues with the theme "Together We Can Move HR Mountains".

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## **OCTOBER & BEYOND**

### **HR/SUPERVISOR TRAINING**

Classes are 8:30 am - 3:00 pm | DFC Bldg 25

**10/6/15 | Preventing Hostile Work Environment Claims** | \$80

Online registration & Payment required | <https://colorado.feb.gov/register/?ee=282>

**11/17/15 | Basics of Performance Management** | \$80

Online registration & Payment required | <https://colorado.feb.gov/register/?ee=283>

### **TRAINER | Bart Dubinsky**

Bart is a former Human Resources and Agency Workforce Relations Officer (with the Nuclear Regulatory Commission, HHS and Interior). Bart's 30 years of Federal sector HR experience includes all of the HR functional areas, (e.g., workforce and succession planning, position classification, diversity and outreach, staffing and recruitment, training and development, employee and labor relations, ethics, performance management, and benefits). Bart has a

Bachelor's degree in Business from the University of Missouri and J.D. from Texas Wesleyan University School of Law. Bart is also a state certified Mediator.

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### **CFEB QUARTERLY MEETING & TRAINING FORUM**

October 22, 2015 | 7:30 – 11:00 am | Lakewood CO | Registration Deadline 10/16/15

\$28 (includes breakfast) | ONLINE REGISTRATION REQUIRED

<https://colorado.feb.gov/register/?ee=257>

### **STRATEGIC COMMUNICATIONS (aka W.A.I.T. – Why Am I Talking)**

- ♦ Why are you talking?
- ♦ Do you know?
- ♦ Do you know what you should or should not be saying?
- ♦ Are you saying it the right way, to the right audience through the right medium?
- ♦ Is your messaging adapting as the situation develops and changes?

W.A.I.T. uses scenarios designed to provide you the tools needed to understand and develop an effective communication strategy for internal/external communication as well as media operations. This course will also walk you through how to interpret media questions, how to develop a response and how to keep continuity between internal and external audiences.

**TRAINERS** | VA Office of Public and Intergovernmental Affairs, Region 5

**PAUL SHERBO**, Director | **ELAINE BUEHLER**, Assistant Director | **SHAUN SHENK**, Public Affairs Specialist

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### **MAKE A DIFFERENCE DAY PROJECT REQUEST**

October 24, 2015

<http://makeadifferenceday.com/>

**Federal Employees – Do you volunteer for a nonprofit organization that needs volunteers on Make a Difference Day, October 24, 2015?**

The Colorado Federal Executive Board's (CFEB) Workforce Development Council (WDC) is collecting volunteer opportunities scheduled on Make a Difference Day in Denver, Northern CO, Southern CO, and the West Slope. We plan on publicizing these opportunities to federal employees throughout the state to encourage them to volunteer for projects in their communities.

If the organization you volunteer for needs help, please email Mary Jane Pendl-Trigilio | [maryjane.pendl-trigilio@va.gov](mailto:maryjane.pendl-trigilio@va.gov) | the following information:

- ♦ Name of Organization
- ♦ Contact Name | Phone | Email
- ♦ Project | e.g., assembling care packages for the homeless, food drive, neighborhood clean up
- ♦ Minimum Age for Volunteers
- ♦ Is the project appropriate for children under the age of 18?
- ♦ Can a family volunteer together?
- ♦ Number of Volunteers needed

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## HUMAN RESOURCE RESPONSE TO DISASTERS & TRAUMATIC GRIEF

October 27, 2015 | 10:00 am – Noon | Lakewood CO

Free | ONLINE REGISTRATION REQUIRED | <https://colorado.feb.gov/register/?ee=285>

### WORKSHOP TOPICS

- ♦ Understanding Incident Stress, Traumatic Grief and what each of you can do
- ♦ Human Resource Processes, Procedures, and Actions for Dealing with Disasters
- ♦ Human Resource Communication Templates
- ♦ Employee Assistance Program resources

### TRAINERS

**Roger L. Jones** PMP, MPCP, MEP, MBCI, CAP | Emergency Management Specialist, DOI IBC

**Donna Vallejos** | Emergency Management Specialist, GSA

###

## MILE HIGH DICE

*Annual CFEB/FEMA Emergency Preparedness Training & Tabletop Exercise*

November 4, 2015 | 8:00 am – 4:00 pm | Golden CO

FREE | ONLINE REGISTRATION REQUIRED | <https://colorado.feb.gov/register/?ee=284>

*Before you go online to register, make sure you have the name, phone and email of each team member*

### TARGET AUDIENCE

- ♦ Cities | Counties | State Government (FEMA Region VIII-CO, MT, ND, SD, UT & WY) | Federal Agencies | Private Sector
- ♦ Every agency/organization is encouraged to bring a team of eight (8) people to the exercise. One person from each team will take on the role of facilitator during the afternoon exercise.



- ♦ Recommended team members include Executive leadership, IT, HR, PIO, financial, records management & continuity of operations staff

**TOPIC**     HAZMAT (2015 RISC theme)

#### **PURPOSE**

- ♦ Provide a forum for interagency coordination and improvement of continuity plans
- ♦ Examine hazardous materials incident information and experiences to further our ability to prepare for these types of incidents that may impact the performance of essential functions

#### **OBJECTIVES**

- ♦ Discuss and examine the challenges, issues and best practices associated with a hazardous materials incident
- ♦ Increase organizational awareness about the importance of incorporating all-hazards into continuity planning
- ♦ Discuss ethical implications of large-scale disaster response in crisis decision making
- ♦ Identify solutions or alternative actions to challenges, gaps or vulnerabilities in organizational continuity plans and procedures

###

#### **MILITARY FAMILY FIRST DINNER**

November 14, 2015 | 5:00 - 10:00 pm | Colorado Springs CO

Register Online | [www.ppymca.org/register](http://www.ppymca.org/register) | Search "2015 Military Family First Dinner"

- ♦ FREE Dinner for active duty personnel & immediate family
- ♦ Fun prizes & activities
- ♦ Children's entertainment provided

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#### **FEDERALLY EMPLOYED WOMEN (FEW) DENVER FEDERAL CENTER CHAPTER**

<http://rockymountainfew.org/>

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#### **TRAINING @ DOI UNIVERSITY**

DOI University (DOIU) offers competency-based training courses and programs designed to increase the skills of all federal employees. Topics include Leadership, Management and Supervision, Acquisition Management, FAC-P/PM, Financial Management and Budgeting, Project Management, and Oral/Written Communication.

<https://doiu.doi.gov/catalog.html?type=sp&id=lakewood> |

<https://doiu.doi.gov/catalog.html?type=c>

###

### **DENVER FEDERAL CENTER DAM GOOD SPEAKERS TOASTMASTERS CLUB**

Meet on Tuesday's | 11:30 am - 12:30 pm | DFC Bldg 56, Buffalo Bill Conference Room  
\$20 enrollment fee plus \$36 membership fee then \$36 semi-annually thereafter

<http://damgoodspeakers.toastmastersclubs.org>

Amy Sjerven | 303 445 2849 | [asjerven@usbr.gov](mailto:asjerven@usbr.gov)

###

### **VAN & CARPOOL**

Vanpools needing riders are listed on the CFEB web site

<https://www.colorado.feb.gov/index.php?content=78&page=VanPools>

If you would like the CFEB to add your van or carpool to the web site, email the information to  
[gpage@colorado.feb.gov](mailto:gpage@colorado.feb.gov)

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### **HEALTH DOES MATTER**

#### **NEW Wellness Activity! – Mile High Walking Club**

Brittany Plaven | 303 844 7333 | [Brittany.plaven@foh.hhs.gov](mailto:Brittany.plaven@foh.hhs.gov)

Every Thursday | 11:30 am – 12:00 pm | Denver Federal Center Bldg. 40 Entrance W3 Rm  
A1115 (nursing clinic) | Free, open to all Federal employees & contractors

Mile High Walking Club is a lunch time exercise group. We will walk for 30 minutes around the DFC campus. \*NOTE: there will be NO walking club on September 10<sup>th</sup> or 17<sup>th</sup>, but we will resume September 23<sup>rd</sup>.

#### **BONFILS DFC BLOOD DRIVE**

2nd Thursday of each month | 8:00 am - 1:30 pm

Denver Federal Center | Bldg 67 | Hungry Horse Room

SCHEDULE AN APPOINTMENT | [www.bonfils.org](http://www.bonfils.org) (site code is 2015) | 303 363 2300

Betty Palcsak | 303 236-6905 | [bpalcsak@usgs.gov](mailto:bpalcsak@usgs.gov)

#### **AMERICAN RED CROSS BLOOD DONATIONS**

<http://www.redcrossblood.org/2015-summer>

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## LIGHTEN UP!



###

## PETS OF THE WEEK

*Adopt a pet and save a life*

**Cooper | Blood Hound | Male | 2 years old**

MY FAIRY DAWG MOTHER RESCUE | 720 939 7017 | <http://www.dogrescuecolorado.org/>

**Athena (160520) | Labrador Retriever mix | Female | 8 months old**

FOOTHILLS ANIMAL SHELTER | 303-278-7575 | [info@fas4pets.org](mailto:info@fas4pets.org)

<http://www.FoothillsAnimalShelter.org>

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## VOLUNTEER OPPORTUNITIES

### **VOLUNTEERS & FOSTER HOMES NEEDED FOR CAT SHELTER**

Angels With Paws | 2540 Youngfield St | Lakewood CO

Please contact shelter manager Sondra Bailey | 303 274 2264 |

<http://www.angelswithpaws.net/volunteering/>

### **SISTERHOOD OF THE TRAVELING PETS**

Saturdays (year round) | 9:00 am - 3:00 pm | Colorado Springs/Denver

<https://www.facebook.com/sisterhoodofthetravelingpets>

Sassie Skelton | 719 482 0705

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## **JOB ANNOUNCEMENTS**

<https://www.usajobs.gov/>

### **USDA Food & Nutrition Service, Atlanta, GA**

Regional Administrator, Southeast Region | ES-0340-00

<https://www.usajobs.gov/GetJob/ViewDetails/414697000>

### **DOI, Bureau of Reclamation, Various locations**

Civil Engineer (Geotechnical) | GS-0810-7/9/11

<https://www.usajobs.gov/GetJob/ViewDetails/414317400>

### **US Forest Service Region 2**

<https://fsoutreach.gdcii.com/Outreach/>

### **US Forest Service Rocky Mountain Region, Pueblo, CO**

Heritage Program Manager | GS-0193-12

More information is posted in the [US Forest Service Outreach Database](#)

Contact Neal Weierbach | 719 553 1417 | [nweierbach@fs.fed.us](mailto:nweierbach@fs.fed.us) | By September 18, 2015

### **US Forest Service Rocky Mountain Region, Location likely to be Golden, CO**

Lead Human Resources Specialist (Recruitment and Placement) | GS-0201-12

More information is posted in the [US Forest Service Outreach Database](#)

Contact Keith Anna | 303 275 5227 | [kanna@fs.fed.us](mailto:kanna@fs.fed.us) | By September 8, 2015

### **Office of Surface Mining Reclamation & Enforcement, Denver, CO**

Electronics Records Management Specialist | GS-0301-9/11 (FPL GS-12)

<https://www.usajobs.gov/GetJob/ViewDetails/413981900>

### **National Older Worker Career Center (NOWCC) AGE 55+ | EPA - Denver and Golden, CO**

Resource Conservation and Recovery Program Support

[https://www.nowcc.org/r/positions/view.aspx?record\\_id=3521](https://www.nowcc.org/r/positions/view.aspx?record_id=3521)

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## **CFEB EMAIL ANNOUNCEMENTS**

To submit information to be included in the announcements, please email it by Wednesday of each week to [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) in the following format.

Title

Date | Time

Location | 3333 W 32 Ave | Denver CO (no punctuation)

Cost (if applicable)

Brief Description (very short marketing blurb | a couple of bullet points or sentences)  
CONTACT Name | 303 333 5555 | email  
Website

Recent CFEB announcements are posted on the CFEB web site  
<https://www.colorado.feb.gov/index.php?content=10&page=Announcements>

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*Have a safe and wonderful Labor Day weekend!*  
Gay & Jeff

Gay Page | CFEB Executive Director | [gpage@colorado.feb.gov](mailto:gpage@colorado.feb.gov)  
Jeff Conn | CFEB Outreach Strategist | [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov)

Colorado Federal Executive Board (CFEB)  
Denver Federal Center | Bldg 810 Room 5014 | PO Box 25567 | Lakewood CO 80225-0567  
303 202 4588 | <http://colorado.feb.gov/index.php>

***Working for the greater good by creating partnerships for intergovernmental communication & collaboration!***

Please email [jconn@colorado.feb.gov](mailto:jconn@colorado.feb.gov) to subscribe or unsubscribe from CFEB email